



FOUND

RECONNECTING WITH YOURSELF WHEN YOU FEEL LOST

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Introduction



Who is your truest, most authentic self? What are you all about?

In this day and age, it's easy to feel lost. You feel rudderless, adrift, like a ship buffeted by the raging ocean waters. When pulled in so many directions, it can feel like the last thing we have is time to reconnect with who we are.

The problem is, after trying so hard to fit in or, worse, be who others want you to be, it becomes very easy to forget just who the real you is, much less know what you're all about.

This book will take you on a journey into who you are. We'll start with a discussion on what it means to find yourself. From there, we will uncover a wide range of benefits that you will experience when you begin to uncover the truth about WHO you really are.

From there, we'll address the pressures which cause us to lose who we are in the first place. You might be surprised to find out some of those pressures come from you while others originate in the world around you.

Finally, we'll discuss what you can do to help you reconnect when you're feeling lost. In short, we'll lead you - step by step - back to you.

It's going to be an exciting exploration! Imagine you're about to meet the most fascinating person in the world: YOU!